

The Council on Aging office hours are Monday to Friday 8:00 AM – 4:00 PM and the telephone number is 978-692-5523.

MISSION STATEMENT: The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

*Joanne Sheehan
Director of Elder Services
Judith Ramirez
L.I.C.S.W./Social Worker
Annette Cerullo
Elder Outreach Coordinator
Claire France, Records Supervisor
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Laura Mathis, Lead Van Driver-Dispatch
Marie Lawrence, Nutrition Site Manager
Mary Sudak, Evening Supervisor
Christopher Mitchell, Maintenance
Angela Gagne, Volunteer Coordinator*

COUNCIL ON AGING BOARD MEMBERS

*Helena Crocker, Chair
Robert Tierney, Vice Chair
Nancy Cook, Clerk
Dorothy Hall
Patricia Holmes
Ret. Chief George Rogers*

FRIENDS OF THE CAMERON OFFICERS

*Richard Severyn, President
Joan Greenwood, Vice President
Joyce Cederberg, Secretary
Marjorie Hunter, Treasurer
Marie Lawrence, Asst. Treasurer*

SUNDAY HOURS

The Cameron Center Fitness Room will be open on Sunday afternoons during November and December from Noon – 3PM. We will be closed Sunday's November 13th and 27th.

REMINDERS: TIME FALL BACK AND ALARM CHECK-UP

On Saturday Evening, **November 5th**, you will need to change your clocks; they should **Fall** back by **one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Fall and Spring the Council on Aging and Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries.

If you need assistance and would like to be put on a list for battery replacement, please call the Cameron at 978-692-5523 and you then will be notified when the Fire Department is available, **please do not call the Fire Department.** *If you live in a condo, your condo association should take care of this for you.* Please note that smoke detectors should be replaced every ten years.

HAM AND BEAN SUPPER

The Annual Ham and Bean Supper will be held at the Franco American Club on (note change of date) **Saturday, November 19th at 6 PM, doors open early.** The dinner is being sponsored by the Westford Firefighters Association, the American Legion Post 159, and the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978- 692-5523.

THANKSGIVING DINNER

Jim Geraghty, family and friends, will host for the **thirteenth year**, a Turkey Dinner for Westford Seniors age 60 and over on **Sunday, November 20th at Westford Academy**. Bingo will be from 10 AM to 12 Noon with lunch starting around Noon. Volunteers will serve this full course homemade dinner to you. Seating is limited; reservations are necessary so please call 978-692-5523 by November 15th.

ART SHOWCASE

The Open Studio Art group, which has been meeting on Mondays at the Cameron Senior Center over the past three years is planning a showcase of art work that has been produced by the group's artists. This exhibition will be on view at the Cameron Senior Center with pieces hung throughout the building, for the entire month of November. This coincides with the Town of Westford's FunFest. You are invited to a reception to meet and speak with the artists that will be held on **Thursday, November 17th between the hours of 3:00 – 8:00 PM**. Light refreshments will be served in the second floor art room. Come renew friendships and begin new friendships with this talented group of artists, which has been mentored, by accomplished artist and instructor, Marie Stabile.

BUCKET BRIGADE

If you are a senior in need of a FREE bucket of sand to be dropped off at your home prior to the winter, please call 978- 692-5523 and leave your name, address, and phone number. The buckets will be distributed around November 18th. Call us now if you still have last year's bucket; it will need to be picked up.

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor. We are open for great bargain shopping Monday through Friday, 9:00 A.M. to 3:00 PM. We are open to the general public with lots of great items. Knick Knacks are

accepted on Tuesdays from 9 to 11 A.M. All donations must be in excellent condition.

RESTAURANT REVIEW

Ladies, our next outing will be a week early due to Thanksgiving. On **Wednesday, November 16th at 11:30 AM** we will meet at the **Princeton Station**, 147 Princeton Street, North Chelmsford. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

VOLUNTEER CORNER

Morning and afternoon shifts are available to work in our **Thrift Shop**. Shifts are 3 hours at a time and we like to have 2 volunteers on each shift. We also are in need of substitutes, if you cannot make a weekly commitment consider being a sub.

Women's Breakfast volunteers are needed for help with shopping, set up, cooking, and cleaning. We have a lot of fun join us!

Food Pantry volunteers are needed for food moving, this requires carrying and lifting products from the basement up the stairs into the food pantry located on the first floor.

If you would be interested in volunteering for any of the above opportunities or have any questions please contact the Volunteer Coordinator, Angela at 978-399-2330 for a CORI application.

ELDER SERVICES LOTTERY

Memberships in the Lottery help provide services such as homemakers, meals on wheels, and medical transportation for older folks in your community. Just \$50 for an annual ticket gives you 7 chances per month. Monthly prizes total \$1,000. Mail your check for \$50 to: Elder Services Lottery, 360 Merrimack St., Bldg. 5, Lawrence, MA 01843-1740.

FOOD PANTRY

The community Food Pantry is located at the Senior Center and staffed by volunteers. The **expanded hours for November** are as follows:

- Third **Monday, November 21st** from 1:00 - 3:30 PM.
- Third **Wednesday, November 16th** from 8:30-11:30 AM.
- Third **Thursday, November 17th** from 8:30-11:30 AM and **Thursday evening November 17th** from 6:30 – 8:30 PM.
- Third **Friday, November 18th** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We have implemented new procedures. The dates and times will remain the third Monday, Wednesday, Thursday and Friday of the month. The communities in our area of service will be Westford and the towns which border us Littleton, Tyngsboro, Chelmsford, Carlisle, Acton and Groton. Residents of other communities will be supplied with pre-packaged items.

LUNCH

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-476-2206 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00. Menu can be found on our website

www.westfordma.gov/coa.

Come and enjoy the new dining room!

MEALS ON WHEELS

Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional Meals on Wheels a special diet with a doctor's authorization is available. The five diets are **Cardiac (heart healthy), Renal, Chopped, Ground and Puree**. Meals on Wheels are available to homebound, age 60 and over, and unable to prepare a hot meal. Let us

assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 to register.

ACTIVITIES

The Cameron Center will be closed on November 11th due to the Veterans Day Holiday and November 24th and 25th due to the Thanksgiving Holiday. Confirm class dates with your instructors.

AEROBICS – with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class.

ART-OPEN STUDIO – Any person who paints in oils or watercolors is welcome to join our open group on Mondays from noon – 3 PM A donation of \$1.00 is requested.

ART CLASS with Stella – Bring your medium/project and Stella, a lifelong artist with over 60 years of teaching, will help take you to the next level. Her classes are Wednesday mornings from 9 until 11:30 AM and the cost is \$5.00 per class. Drop ins welcome!

BILLIARD TABLE – We have a billiard table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM there will be players available if you would like to come and partner up.

BINGO – **Thursday's, 7-9 PM**, doors open ½ hour early; also on **Monday's, 1 – 3 PM**. *If you need a ride call the transportation line at 978-399-2322 in advance.*

A MATTER OF BALANCE – The Westford Council on Aging is proud to offer A Matter of Balance, an award winning program designed to manage falls and increase activity levels. This is an 8 week program which currently meets for 2 hours each week and has been very successful. We are hoping to offer the program again in the Spring if there is enough interest. There is no

charge for this program, but regular attendance is expected. If you think you would like to participate in this program in the spring, please call our main number at 978-692-5523 to register and we will look at scheduling it again in the March/April timeframe. You will be notified late winter if there is enough interest to confirm dates and times.

BONE BUILDERS – We will continue with our ongoing afternoon classes on Tuesday & Thursday. We are also starting a new morning session on **Monday and Wednesday's at 9:30 AM beginning November 7th**. Call to enroll in this FREE program that can help you with balance and strength building. **Call 978-692-5523 to ask for a form and then stop by to complete the paperwork prior to the start of class. There will be an informational session on Wednesday, November 2nd at 9:30 AM.**

BOOK DISCUSSION GROUP

Friday, November 4th (rescheduled from Veteran's Day) the Cameron Book Discussion group will meet at 10 AM to discuss, "Louisa May Alcott: the Woman Behind Little Women", by Harriet Reisen. Copies of the current discussion book are available at the Library. Copies of the December book will also be available at the meeting.

BOWLING – Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Norman at 978-692-6792 for more information

MEN'S BREAKFAST – The November Men's Breakfast will be held on **Tuesday, November 8th at 8:00 AM** and will be co-sponsored by our Veterans' Agent, Terry Stader. The guest presenter will be Jim Merchant from Veteran's Financial, who will be discussing benefits available to Veterans and process for application. Also, Jim DiGiorgio, owner of Senior Helpers, will be on hand to discuss how home care may be accessed with assistance from Veterans' services. ***Please register for the Men's Breakfast by calling 978-692-5523 or e-***

*mail jramirez@westfordma.gov . ****It is important to register for the Men's Breakfast so enough food will be available*****

WOMEN'S BREAKFAST – Please join us for our Women's Breakfast **Thursday, November 3rd at 8:30 AM**. We are pleased to have Judy Curless, Chief Physical Therapist from Emerson Hospital Health Center in Westford. She will be speaking about programs open to seniors that are covered by insurance. Programs to be discussed include the following: The Be Strong Program, for people recovering from cancer, The Better Balance Clinic and The Pelvic Health Program, including Bladder Health. ***Please call and register in advance at 978-692-5523 so we can accurately plan for food.***
The next Women's Breakfast will be December 1st.

INTRO-COMPUTER – If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We are now WiFi ready. A donation of \$3.00 is suggested.

CONTRACT BRIDGE – **Advanced Players:** meet on Fridays from 12:30 – 4:00 PM. All players are required to stay until 4:00 PM.

CAKE/CUPCAKE DECORATING DEMONSTRATION CLASS

Come and learn holiday cake/cupcake decorating with Jean. Classes will be held on Thursdays, **November 10th and December 8th from 1:30 – 2:30 PM**. Cost will be \$5.00 per class. Bring home a sample! You must pre-register at 978-692-5523.

CANASTA – has a lively and fun group that currently plays every **Thursday from 1:00-3:30 PM** Feel free to join us.

NEW – CREATE CRAFTS WITH CAROL

Carol is offering simple craft classes that you can attend alone or with your grandchild. The

cost is \$5 for adults and \$3 for your grandchild, max \$10/family. The first class is **Tuesday, November 29th at 1 PM** in our arts/craft room. You will be making a sparkling holiday pin (brooch) suitable for wearing to the most elegant of events. You will be shown how to create your own design i.e. a star, snowman, or wreath. December 6th you will make a fleece vest and finger knit scarf for an American Girl Doll and on December 13th you will be making beautiful golden origami stars and glittering angel tree ornaments. Please call 978-692-5523 to register so the instructor can purchase enough supplies.

CRIBBAGE – This game minded fun group meets every **Wednesday from 1 to 3 PM. Come join us!**

CHAIR MOVEMENT EXERCISE **Tuesday and Thursday 10:00–11:00 A.M.** This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructor is Jo. The fee is \$3.00 per class.

NEW – PRESENTATION:
DE-CLUTTERING YOUR HOME
Join us **Friday, November 18th at 12:30 PM** for a presentation by Claire from WITZ END, a relocation concierge. Claire will share creative suggestions on ways to de-clutter and organize your home, making your quality of life simpler, safer, and less overwhelming. She will help guide you through the process of moving or downsizing as well. Light refreshments will be served. Please call 978-692-5523 to register.

FITNESS/STRENGTH TRAINING ROOM
Come join the 300 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down,

biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration Forms are available at Cameron. A special thanks to our fitness center volunteers whose help with those using the fitness room have contributed to a positive experience. You may be eligible for reimbursement through your insurance.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 PM to make knitted and crocheted items. Great conversation! Stop in to see what we have for sale. If you love to knit we would welcome a donation to our annual Fall Fair.

ASK THE LAWYER – Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, November 16th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time. Next scheduled date January 18, 2012.

MAH JONGG – Join this well received group on **Wednesdays at 1 PM.** Mah-Jongg trains your brain with games. All level of players are welcome.

MEDITATION – This is an ongoing class that helps relax the body and calm the mind. Our instructor, Pat, is a certified yoga instructor and older fitness instructor. **The classes will be on Tuesdays thru November 8th** in our billiards room. The drop in fee is \$4 per class. If you are planning to attend the class please call the front desk at 978-692-5523 to sign up as the class is limited to 12 attendees.

MUSIC MAKERS – Meet on **Friday mornings from 9 – 10:30 AM.** If you like to sing you are invited to join this lively group of seniors every

Friday morning. No auditions just come and sit in on a couple of rehearsals to see if you would like to participate. For more information call Ann at 978-692-6779.

NEW – NATURE TALK – If you are someone who loves nature and wildlife, consider joining this monthly group to begin on **Thursday, November 17th at 10:30 AM.** Topics will include favorite spots for nature watching, websites, how to identify birds, etc. Bring in your photos and stories of things you have seen in town ... bears, coyotes, turkeys and more. This is your chance to gather with other folks with similar interests. Please sign up at the desk if interested, 978-692-5523, drops ins are welcome.

PERCUSSION GROUP – If you love “UPBEAT” music, then join the band Tuesday mornings from 10:15-11:15 AM. No experience is necessary, simply a love of music and desire for some carefree fun. Rhythm patterns will be taught. If you already play an instrument, bring it along too. Call 978-692-2851 for more information.

QUILTING CLUB – The Cameron Quilters will meet at Cameron on **Monday’s, November 7th, 14th, 21st and 28th from 9:30 to 11:30 AM.** Interested quilters please come with your talents and ideas! This group completed the quilt to be raffled at the December Luncheon. The raffle will benefit the Cameron Senior Center. Tickets for the raffle are available at the Senior Center front desk.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at Cameron on **Monday, November 14th at 10:00 AM.** Please sign up by calling 978-692-5523.

SCRABBLE – The group plays on Tuesday afternoons from 1:00 PM to 3:30 PM. More players are always welcome.

Wii BOWLING TEAMS – Our indoor, free “bowling league” is Monday mornings from 10:30 to noon in the billiards room here at the Cameron. An instructor is available to demonstrate use of this TV game system. It’s lots of fun and gentle exercise. You can do this activity standing or sitting in a chair. Come check it out!

GENTLE STRETCH YOGA – Based on Peggy Cappy’s wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses which can be done by almost anyone—of any age or ability. *Our instructor Pat is a certified yoga and older adult fitness instructor.* This weekly class is held on **Wednesdays, from 1:30 – 2:30 PM.** The fee is \$3.00. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

BASIC ZUMBA – New day, new time! Basic Zumba is a great way to get moving and have fun. Join Carol our instructor for class on Thursdays at 8:30 AM at \$3 per class. It’s a great way to start your day!

SUGGESTION BOX

We are interested in hearing your feedback about the Cameron Center, classes you’ve attended, instructors, ideas, and best times for programs, etc. Please let us know your thoughts by writing them down and inserting them in the suggestion box located on a table outside the ladies room in the open lounge area. We appreciate your concerns and compliments.

DID YOU KNOW?

The Massachusetts Equipment Distribution Program (Mass EDP) is a service that provides residents with a permanent disability access to the telephone network in their homes. By offering specialized telephones for free or at a reduced cost, depending on income, this program fosters independence and empowerment. If you are hearing or visually impaired you may be eligible for a specialized

phone with voice recognition caption screens, increased amplification, large numbers etc. You can call the agency at 1-800-300-5658 or Annette, your Outreach Worker at Cameron, at 978-399-2326. Annette has the applications and can instruct you in the easy process of applying for your phone.

ELDER ABUSE INFORMATION

Elder Services of the Merrimack Valley is an agency designated by the Commonwealth of MA to investigate reports of suspected abuse or neglect and to provide services to elders in the communities of the Merrimack Valley from Salisbury to Westford. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and to respect the balance of the right of self-determination against the mandate to protect. Chapter 19-A of the Massachusetts General Laws requires that all mandated professionals report suspected cases of elder abuse, neglect, exploitation and self-neglect to the designated Protective Services Agency. Any person who has reasonable cause to believe an individual is being abused should report this to the appropriate agency.

Following a report, a Protective Services caseworker is assigned to assess the situation and determine whether abuse or neglect is present. If allegations are substantiated, the caseworker may offer services to the elder such as:

- Personal/Family Counseling
- Safety Planning, Homemaker & Home Health Aides
- Housing Options, Transportation
- Money Management and Legal Assistance

How can you help? You can report suspected elder abuse or neglect. If you are unsure of whether or not a situation is reportable, you are welcome to call for a consult with Protective Services.

Weekdays: 9:00AM – 5:00PM, 800-892-0890 – 978-683-7747 (Elder Services of the Merrimack

Valley). Nights, Weekends and Holidays: 800-922-2275 – 978-725-9520 (Hotline).

MEDICAL INFORMATION **PODIATRY CLINIC**

Dr. Weakland will be at the Senior Center on **Wednesday, December 7th at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523.

BLOOD PRESSURE & MORE:

These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at **Senior Center.** Dates and times are:

- Second Tuesday of the month, **November 8th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **November 23rd** 8-10 AM with the Lowell VNA on the second floor of Cameron.

MEDICARE OPEN ENROLLMENT

New Dates: OCT. 15 – DEC. 7

The annual Medicare Open Enrollment) is the time to enroll in or CHANGE your Medicare coverage for next year. You can make as many changes as you want; but remember the last change that is made is the one that will take effect. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. If you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you should have received information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Remember: The Medicare Open Enrollment ends on December 7th!

DO NOT WAIT UNTIL IT'S TOO LATE!

MEDICARE SUPPLEMENT INFORMATION

Join us at the Cameron Senior Center on **Wednesday, November 2nd at 1:00 PM.** Representatives from different health insurance companies will be on hand to meet with you individually. This is an opportunity to meet with the companies and have your questions answered privately. Open Enrollment is October 15th through December 7th, 2011. So don't delay! Refreshments will be available.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Monday, November 14th with appointments starting at 1:00 PM.**

BOARD OF HEALTH CLINIC

Hearing & Hearing Aid Test

Appointments are required. Please call the Board of Health at 978-692-5509. The clinic date is **Monday, November 21st from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date will be in January 16, 2012.

OUTREACH

Cooler weather, shorter days and it's that time of year many applications for Fuel Assistance, TREAD, SNAP (supplemental nutrition assistance program/food stamps), and tax exemptions i.e. CPA. If we can be of help to you, please don't hesitate to call so we can set up an appointment. I can meet with you at your home or here at the senior center. Call Annette at 978-399-2326 for assistance.

FINANCIAL

DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?

If you are 60 years or older, you may qualify for food assistance. Approximate monthly guidelines are household of one person below \$1,734; two person household below \$2,334.

For more information call the Food Source Hotline at 1-800-645-8333.

CIRCUIT BREAKER 2011

- Maximum credit: \$980
Minimum Age: 65 (as of Dec. 31, 2011). If filing a joint return, only one needs to meet the minimum age requirement.
- Maximum Total Income:
Single - \$52,000
Head of Household - \$65,000
Joint Return - \$78,000
- Maximum Assessed Value of Home: \$729,000 (only applies to homeowner)
- Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity (e.g., housing authority)

If you would like more information about this law please contact the Massachusetts Department of Revenue's Customer Service Bureau at 1-800-392-6089. We encourage all to file taxes for 2011. You must file income tax to benefit for this credit even if you do not owe state income tax.

FUEL ASSISTANCE APPLICATIONS

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$31,218 and family size of two - \$40,824. Appointments for new applications begin in November. Call 978-692-5523 to set up a 45 minute appointment. You may qualify for heating repairs or cleaning along with energy saver appliances. When you call to schedule your appointment, ask for the additional information that you will need to be mailed to you.

If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities.

PROPERTY TAX RELIEF

Community Preservation Act (CPA) Exemption Applications are now available at the Assessor's

office. You must complete this application yearly to be exempt from the 3% surcharge placed on your property tax bill. We encourage all homeowners to go to the Assessor's office to pick up an application to receive the CPA exemption. They also currently offer exemptions for the Blind, Disabled Veterans, persons who are over 70 and Tax Deferral Program. Please call the Assessor's office at 978-692-5504 to find out the eligibility requirements. The Assessor's office is located at Town Hall, 55 Main Street.

FREE ENERGY

If you are approved for Fuel Assistance, you may also qualify for the following free energy program: **Weatherization**: Renters (excluding heat included in rent) and homeowners are eligible for this program. You may qualify to have free insulation, weather-stripping and air sealing added to your home by Community Teamwork, Inc. approved contractors. All weatherization work is inspected by CTI's Energy Advisors. For more information and to determine if you qualify, call CTI at 978-459-6161.

TRANSPORTATION

The **Holidays** are fast approaching! A van will be going to the **Pheasant Lane Mall**, Nashua, NH, on **Friday, November 18th**. The van will leave Cameron at 9:30 A.M. and return to the Mall for the ride back to Cameron at 2:00 PM. Space is limited, call Van Service at 978-399-2322 to reserve your seat or e-mail lmathis@westfordma.gov as soon as you anticipate needing a ride to a medical appointment, a shopping trip, the hairdresser, or a visit to the Cameron Senior Center. The cost for a round-trip ride within Westford is \$3. The round-trip charge for surrounding towns is \$4 and \$6 for out-lying towns.

SUPPORT GROUP

**ALZHEIMER'S & RELATED DEMENTIAS
CAREGIVER SUPPORT GROUPS:**

- ✓ The Cameron Senior Center, 20 Pleasant Street, Westford, for those caring for someone with Alzheimers or other Dementias, meets the 1st Wednesday of each month at 6:30 PM at Cameron. For information contact Sandy at 978-758-6072 or Judy at 978-399-2325 or e-mail jramirez@westfordma.gov.
- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4th Wed. of each month, 4-5:30 PM and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666.
- ✓ Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30. For information call 978-251-8880.

COMPANION & RESPITE CARE

For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call Jodi at the Chelmsford Senior Center at 978-251-8491.

FRIENDLY VISITOR PROGRAM

If you wish you had some more company in the comfort of your home to socialize, reminisce or play games simply call and request a friendly visitor. We are also seeking more volunteers that would love to visit with local seniors. Please call Annette at 978-399-2326 if you are interested in being a visitor or having a visitor.

MISCELLANEOUS

HOLIDAY LUNCHEON

Join us for a catered holiday luncheon at the **Cameron Senior Center on Tuesday, December 6th seating at 11:00 A.M.** Lunch (Roast Pork Loin) will be prepared by Shirley Caterers and served around Noon. Fee for lunch is \$7.00. There is limited enrollment and is opened to Westford Residents Only. Call 978-692-5523 by November 28th for reservations.

LASAGNA SUPPER

Our Second Annual Lasagna Supper will be held at the Cameron Senior Center on **Wednesday, December 14th, 5 PM**. The meal will be prepared by Nashoba Tech. and features lasagna, garlic bread, salad, and dessert. The Cameron Music Makers will be performing. At 6 PM we will hold a Yankee Swap (sure to be some laughs) for all who bring a new wrapped gift under \$10 in value. There is limited enrollment and open to Westford seniors. Please register at 978- 692-5523. Non-residents may register beginning November 28th. The deadline for all to register is December 7th.

FAMILY SERVICES DETECTIVE

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2nd Thursday of each month from 11AM to 12Noon** – he will be here on **November 10th**. If you would like to schedule an appointment, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed will be kept confidential. Please call 978-692-5523 for an appointment.

FALL YARD CLEANUP

If you signed up for fall cleanup in October, we are doing our best to match you up with a volunteer group to perform this service. Volunteers may be from local churches, scout groups or the Westford High School. If you have not been contacted yet by a group and have any questions, please contact the Outreach Worker, Annette at 978-399-2326.

FALL LEAF PICK-UP

The Acme Company has agreed to have two (2) leaf pickup days. They will be on Saturday, November 12th and Saturday, December 3rd. Your paper leaf bags need to be curbside by 7:00 AM. There will be a \$20 minimum charge for one (1) to sixteen (16) bags. Any additional bags will have an additional cost of \$1.25 per bag. Please call the town clerk's office at 978-

692-5515 to get put on the schedule and for payment instructions.

WISH LIST

We are looking for individuals and families to support the Holiday Basket Program. Call for a holiday donor application at 978-692-5523. Gas cards and or donations to assist residents with food and fuel purchases would be helpful. We also are in need of brown grocery bags for the food pantry. Thank you for all your support!

VETERANS SERVICES

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday from **8:30 AM to 12:30 PM** please feel free to stop by to speak with Terry, Westford's Veterans Service Officer, you can call him at 978-392-1170 or email him at veterans@westfordma.gov.

DAY TRIPS

Call 978- 692-5523 for reservation and information on the following trips. Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip. Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Tuesday, November 8, 2011, “Mohegan Sun” Buckingham Motor Coach departs the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.

Saturday, December 10, 2011, “Portland Symphony’s The Magic of Christmas”, travel to Maine and enjoy a full course buffet luncheon at the Old Country Buffet and then on to enjoy the Portland Symphony’s ‘Magic of Christmas’ with scenes from the Nutcracker, A Christmas Carol and the Christmas Story with Nativity all set to music. Fox Tours coach departs from rear of Franco at 9 AM returning at approximately 6:30 PM. The cost for this all inclusive trip is \$79 p/p.

Wednesday, January 18, 2012, “Luncheon at the Colonial Inn” we will travel by motor coach to historic Concord, MA and enjoy a wonderful lunch. Look for details in upcoming newsletter.

Monday, February 13, 2012, “The Elderly Brothers Show”, A Valentine’s celebration at DiBurros Function Hall, Haverhill with wonderful songs from the 50’s that were sung by the hit duo ‘The Everly Brothers’. There will be a sit down luncheon with your choice of either baked stuffed boneless chicken breast or roasted top beef sirloin, salad, vegetable, dessert and beverage. Pick up and return time TBD from the rear of the Franco. The cost for this all inclusive trip is \$61 p/p.

Wednesday, March 14, 2012, “Saint Patrick’s Show Fest” featuring Trooper Dan Clark. First stop will be at the Vanity Fair Outlets for a coffee break. Then off for a wonderful luncheon show at White’s of Westport. Dinner will be family style with corn beef & cabbage and roast turkey with homemade stuffing. Fox Motor Coach departs the Franco American Club at 8:30 A.M. The fee of \$64, includes driver gratuity and is due at time of sign up

Tuesday, March 6, 2012, “Foxwoods” Buckingham Motor Coach departs the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.